



## Appendix 8 Sun Protection Guidelines

### Sun Protection Policy

Cheltenham Girls' High School also seeks to provide opportunities for students to learn about and practise ways of adopting and maintaining a healthy, productive and active life through its student welfare policies and procedures and through Personal Development, Health and Physical Education and other Key Learning Areas.

Families, schools and communities share responsibility for the health, safety, welfare and wellbeing of children and young people in their care. The school community, including families, work together to take all reasonable actions to protect students from risks of harm that can be reasonably predicted due to ultraviolet radiation from the sun.

Australia has the highest incidence of skin cancer in the world. This may be attributed to many factors, Geographic circumstance and climate, attitudes and lifestyle including Australians' love of the outdoors.

The "Slip, Slop, Slap" and "There is nothing healthy about a tan!" campaigns have made significant contributions to changing some of the lifestyle practices when in the sun however there is evidence that many Australians do not practise sun sense when working or playing outdoors.

At Cheltenham Girls' High School we aim to provide a safe and supportive environment which encourages and empowers students to take personal responsibility for healthy lifestyle choices.

The school outdoor areas provide a number of shade trees and undercover areas for students to sit during recess and lunch. Seats are provided in the shade in all playground areas. Students are encouraged to wear a hat, sunglasses and sunscreen when outdoors.

Students benefit if they are provided with opportunities to develop the knowledge, skills and understandings relevant to managing their own health. Taking into account what is reasonable and safe in an individual case, Cheltenham Girls' High School supports students to develop independence in managing their own health.

### Procedures within the Policy

#### Students

- The wearing of a hat, preferably the school hat is compulsory for all outdoor lessons including PEHPE and Sport lessons
- The wearing of hats and sunglasses is strongly recommended whilst travelling to and from school and whilst in outdoor play areas.
- The wearing of sunscreen is strongly recommended for all outdoor lessons including PD/HPD, Sport and swimming lessons.
- Sunscreen is available outside the PE change room at all times.

#### Staff

- Staff are expected to model sun safe behaviour for students
- All staff will require students to comply with sun hat rules for all outdoor classes.



- Free sunscreen is available to staff and students at any time throughout the school day and before all outdoor classes from the PEHPE staffroom in I block.
- The PE/H/PD Staff have ensured
  - A pump pack of sun screen 30plus is located outside the PE change rooms and is available for use by all staff and students.
  - 3 - 4 generic Cheltenham peak caps are available on request for students who have failed to bring a hat to school.

### Parents

Cheltenham Girls' High School relies on and values the co-operation of parents, medical practitioners, health services, other relevant agencies and local community resources to assist us to support the health of our students.

- Parents should provide a hat and sunglasses for their daughter and encourage their daughter to wear her hat and sunglasses when travelling to and from school and while in the outdoor areas.
- The school expects support from parents to ensure that their daughter carries her hat in her bag so that it is available for PEHPD, Sport and any other outdoor lessons
- Parent should encourage their daughter to wear sunscreen each day

Hats are available for purchase from the Cheltenham Girls' High School uniform shop every Tuesday and Thursday of the week.